

ABSTRACT OF THE DISCLOSURE

his invention provides a light fixture assembly having a light fixture body and a mount for the light fixture body and method for installing a light fixture. There is a locking mechanism for nonthreadably releaseably coupling the light fixture body to the mount. A first portion of the locking mechanism attached to the light fixture body. A second portion of the locking mechanism attached to the mount. The light fixture body can be attached to the mount. The locking means can include twist locking the light fixture body to the mount